

DR. SOUNDARYA

Consultant - Paediatrics & Paediatric Allergy Specialist

Qualification

MBBS | MD (Ped) | ACME | DPAA

Overview

Dr. Soundarya Mahalingam is a highly respected paediatrician and paediatric allergy specialist, currently practising as a Consultant – Paediatrics & Paediatric Allergy at Kasturba Medical College, Mangalore. With over 19 years of clinical experience and 14 years of teaching experience, she has established herself as a leading expert in paediatric allergy, asthma, immunology, and comprehensive child healthcare. She serves as an Executive Board Member of the Indian Academy of Paediatrics (IAP) Allergy & Applied Immunology Chapter and the Karnataka State Allergy Chapter, reflecting her active leadership role in advancing allergy and immunology care at both national and state levels. Dr. Soundarya is also actively involved in medical education, research, national guideline development, and digital learning initiatives, contributing significantly to the growth of paediatric allergy and asthma care in India. Dr. Soundarya completed her MBBS and MD in Paediatrics from Kasturba Medical College, Manipal Academy of Higher Education, graduating with distinction in both programmes. She further pursued a Diploma in Paediatric Allergy and Asthma from Sir Ganga Ram Institute of Postgraduate Medical

Education and Research, New Delhi, where she was recognised as the Best Outgoing Student and awarded the prestigious Dr. S.C. Arya Gold Medal. Her academic excellence was also recognised with the Best Outgoing Lady Medical Graduate Award and the B.R. Rama Rao and P.N. Krishnamurthy Silver Medal in Paediatrics. At Kasturba Medical College, Dr. Soundarya manages a wide spectrum of paediatric conditions, with special expertise in childhood asthma, allergic rhinitis, food allergies, atopic dermatitis, urticaria, recurrent respiratory allergies, paediatric immunological disorders, and other allergic conditions affecting children. She is highly experienced in allergy evaluation, allergy testing, long-term asthma management, immunological assessment, and evidence-based treatment approaches aimed at improving quality of life and reducing the burden of chronic allergic diseases in children. Her specialised expertise in paediatric allergy and respiratory care has made her one of the most sought-after paediatric allergy specialists in Mangalore. In addition to her clinical practice, Dr. Soundarya remains deeply involved in academics and research. She has authored and edited numerous textbook chapters and scientific publications in the fields of paediatric allergy, asthma, neonatology, haematology, infectious diseases, and medical education. Her dedication to teaching and mentorship has earned her several accolades, including the Patrick Pinto Memorial Best Teacher Award and multiple Good Teacher Awards from the Manipal Academy of Higher Education. She also serves as a faculty member for various national digital learning platforms and actively mentors undergraduate students, postgraduate trainees, nursing professionals, and fellowship trainees in paediatric allergy and related specialities.

Fellowship & Membership

- Executive Board Member – Indian Academy of Paediatrics (IAP), Allergy and Applied Immunology Chapter
- Executive Board Member – Karnataka State Allergy Chapter

Field of Expertise

- General Paediatrics
- Paediatric Allergy
- Childhood Asthma
- Allergic Rhinitis
- Food Allergies
- Atopic Dermatitis (Eczema)
- Urticaria
- Recurrent Respiratory Allergies
- Paediatric Immunological Disorders
- Allergy Evaluation and Testing
- Long-term Asthma Management
- Preventive Paediatrics
- Chronic Childhood Disease Management
- Neonatology
- Paediatric Haematology
- Infectious Diseases in Children

Languages Spoken

- English
- Hindi
- Kannada

Awards & Achievements

- Best Outgoing Student – Diploma in Paediatric Allergy and Asthma
- Dr. S. C. Arya Gold Medal
- Best Outgoing Lady Medical Graduate

- B. R. Rama Rao and P. N. Krishnamurthy Silver Medal in Paediatrics
- Patrick Pinto Memorial Best Teacher Award
- Multiple Good Teacher Awards from Manipal Academy of Higher Education
- Faculty member for several national digital learning platforms
- Mentor for undergraduate, postgraduate, nursing, and allergy trainees
- Actively involved in medical education, research, and national guideline development

Talks & Publications

- 65 Publications in various areas of paediatrics, HIV medical education research
- Dr Soundarya M says a thoughtful balance needs to be maintained between good cleanliness and obsessive cleaning which can lead children being les tolerant towards infections in TIMES OF INDIA. Click Here
- Dr Soundarya on Stomach bug Cases on the rise among children in Times of India.Click Here